

YOUR **SKIN** CARE.

YOUR **HAIR** CARE.

YOUR **NAIL** CARE.

# YOUR *heart*... CARE?

**THE TRUTH ISN'T PRETTY. MORE WOMEN DIE OF HEART DISEASE THAN ANY OTHER DISEASE.**

We're good at caring for our bodies — the parts we can see. But what about what's inside?

Do you have high blood pressure? High blood cholesterol? Diabetes? Are you inactive? Are you a smoker? Overweight? If so, this could damage your heart and lead to disability, heart attack, or both.

It's critical to care about heart disease. Talk to your doctor to get answers that may save your life. The truth is, it's best to know your risks and to take action now.

**[www.nhlbi.nih.gov/health/hearttruth](http://www.nhlbi.nih.gov/health/hearttruth)**



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES (DHHS)  
National Heart, Lung, and Blood Institute  
National Institutes of Health  
Office on Women's Health, DHHS

American Heart Association

WomenHeart: the National Coalition for Women with Heart Disease